

## ***Meals Served with Fruit, Vegetable and 1% Milk***

### **Mount Calvary School Lunch Menu – November 2022**

	<b>1</b> Macaroni & Cheese with Ham, Broccoli and a Roll	<b>2</b> Cheese Burger, Tater Tots and Mixed Vegetables	<b>3</b> Whole Wheat English Muffin Cheese or Pepperoni Pizza & Vegetable	<b>4</b> Turkey, Cheddar, Whole Wheat Sandwich and Vegetable Dippers
<b>7</b> Chicken Patty on a Bun with Broccoli Dippers	<b>8</b> <b>Election Day</b>	<b>9</b> Ravioli with Meat Sauce and Garlic Bread	<b>10</b> Corn Dog, Macaroni & Cheese and Broccoli Dippers	<b>11</b> Ham, Co Jack, Whole Wheat Sandwich and Vegetable Dippers
<b>14</b> Pancakes, Hash Brown and Sausage	<b>15</b> Grilled Chicken Strips, Noodles and Peas	<b>16</b> Toasted Cheese Sandwich and Tomato Basil Soup	<b>17</b> Whole Wheat English Muffin Cheese or Pepperoni Pizza and a Side Salad	<b>18</b> Turkey, Mozzarella, Whole Wheat Sandwich and Vegetable Dippers
<b>21</b> Chicken Nuggets, Smiley Potatoes and a Whole Wheat Roll	<b>22</b> Spaghetti with Meat Balls and Garlic Bread	<b>23</b> <b>Thanksgiving Break</b>	<b>24</b> <b>Thanksgiving Break</b>	<b>25</b> <b>Thanksgiving Break</b>
<b>28</b> All Beef Hot Dog in a Bun with Corn and Vegetable Chips	<b>29</b> Whole Wheat English Muffin Cheese or Pepperoni Pizza & Vegetable Dippers	<b>30</b> Dino Nuggets, Broccoli and a Whole Wheat Roll		

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Please Return lower portion only, keep menu for your convenience.

Student Name \_\_\_\_\_

Parent Name \_\_\_\_\_

**Food Allergies** \_\_\_\_\_

**Preschool:** # \_\_\_\_\_ of days @ \$3.75 ea. = \_\_\_\_\_

Contact us at [schallenkamps@live.com](mailto:schallenkamps@live.com) or 612.805.6873